

Monday

Tuesday

Wednesday

Thursday

Friday

 <h1>December 2022</h1> <p>MOW served by the Homewood Kitchen</p>				Ham and Potato Casserole Whole Bean Blend Zucchini Assorted Juice Grilled Chicken Breast Sandwich Lettuce and Tomato Canned Fruit Fresh Apple		1	Slippery Beef Pot Pie Baby Carrots Succotash Assorted Juice Hummus Cucumbers, Celery Sticks Fresh Grapes Fruit Ambrosia English Muffin Assorted Dessert	2		
Beef Pot Roast Pot Roast Vegetables Baked Beans Assorted Juice Tuna Salad Carrot and Celery Sticks Lettuce and Tomato Canned Fruit Assorted Dessert	5	Baked Ham Zucchini and Squash Medley Vegetable Medley Assorted Juice Sliced Turkey Sandwich Marinated Vegetable Salad Pineapple Fresh Orange	6	Teriyaki Marinated Chicken Asian Blend Vegetables Seasoned Green Beans Assorted Juice Hummus Cole Slaw Saltine Crackers Canned Fruit Assorted Dessert	7	Pecan Crusted Tilapia Vegetable Du Jour Navy Beans Assorted Juice Sliced Chicken Sandwich Lettuce and Tomato Carrot and Raisin Salad Peaches Fresh Apple	8	Meatloaf Vegetable Medley Whipped Potatoes Glazed Carrot Coins Assorted Juice Chili Bean Dip Celery Sticks Saltine Crackers Pears Fresh Fruit Cup	9	
Chicken Parmesan Italian Blend Vegetables Fettuccini Noodles Baby Lime Beans Assorted Juice Tuna Salad Broccoli Salad Cole Slaw Peaches Fresh Orange	12	Pork Cutlet Collard Greens Parslied Cauliflower Assorted Juice Large Salad Hummus Potato Salad Saltine Crackers Assorted Dessert	13	Salisbury Steak Brussels Sprouts Garlic Whipped Potatoes Yellow Squash Assorted Juice Sliced Turkey Sandwich Marinated Vegetable Salad Pineapple Tidbits Canned Fruit	14	Honey Glazed Ham Seasoned Spinach Corn Pudding Assorted Juice Chili Bean Dip Celery Sticks Cucumbers Pears Fresh Fruit Cup	15	Potato Crusted Cod Autumn Blend Vegetables Baked Beans Seasoned Green Beans Assorted Juice Egg Salad Lettuce and Tomato Peaches Fresh Apples	16	
Chicken and Dumplings Broccoli Assorted Juice Mixed Beans Cole Slaw Raw Vegetable Plate Fresh Apple Pears	19	Shredded BBQ Beef on a Roll Seasoned Green Beans Baked Beans Assorted Juice Tuna Salad Pickled Beet Salad Sliced Tomatoes on Lettuce Saltine Crackers Canned Fruit Assorted Dessert	20	Turkey Cutlet Seasoned Spinach Whipped Potatoes Assorted Juice Hummus Cucumbers Carrot and Celery Sticks English Muffin Peaches Fresh Fruit Cup	21	Salmon Cake Cauliflower Polonaise Baked Sweet Potato Assorted Juice Sliced Turkey & Cheese Sandwich Large Salad Canned Fruit Fresh Orange Assorted Dessert	22	HOLIDAY		23
HOLIDAY	26	Honey Garlic Salmon Zucchini Pinto Beans Baby Carrots Assorted Juice Pickled Egg Cucumbers Macaroni Salad Canned Fruit, Fresh Fruit Cup Assorted Dessert	27	Marinated Chicken Harvard Beets Assorted Juice Mixed Beans Large Salad Carrot Sticks Saltines Canned Fruit Fresh Apple	28	Pepper Steak Sweet Butternut Squash Navy Beans Assorted Juice Tuna Salad Lettuce and Tomato Marinated Vegetable Salad Fresh Fruit Cup Canned Fruit	29	Savory Baked Pork Yellow Squash Whipped Potatoes Assorted Juice Hummus Cucumbers, Celery Sticks Saltine Crackers Peaches Fresh Apples Assorted Dessert	30	

Frederick County Meals on Wheels – Menu subject to change. 2% Milk and Whole Grain Bread are served with all meals unless noted.